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The Walter Baker Sanitarium

Boston, Mass.

524 Warren Street.

Incorporated

1892 • • •

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TELEPHONE, 51 ROXBURY

THE WALTER BAKER SANITARIUM

(ESTABLISHED 1892 IN DORCHESTER)

524 WARREN STREET, Corner GASTON STREET

ROXBURY DISTRICT

BOSTON, MASS.

ADDRESS ALL COMMUNICATIONS TO THE WALTER BAKER SANITARIUM



THE WALTER BAKER SANITARIUM has now entered upon its second decade. For ten years we have continuously treated patients, and every year has seen an advance, both in the results attained, and in the number treated. Great discoveries in medicine and science have been made during these ten years, and we have endeavored to keep abreast of the times.

Our Buildings cost over fifty thousand dollars and are supplied with all modern conveniences, and are adequate to our increasing numbers. There are bathrooms on every floor, with hot and cold water and set bowls. The first floor is finished in mahogany, the second floor in cherry, and the third floor in ash. Baker Hall (for gymnastics and recreation) is an adjacent building on the eastern part of the grounds. This building cost over five thousand dollars, and is for the general use of our patients. Here are games

All Warren Street Cars pass the Sanitarium.

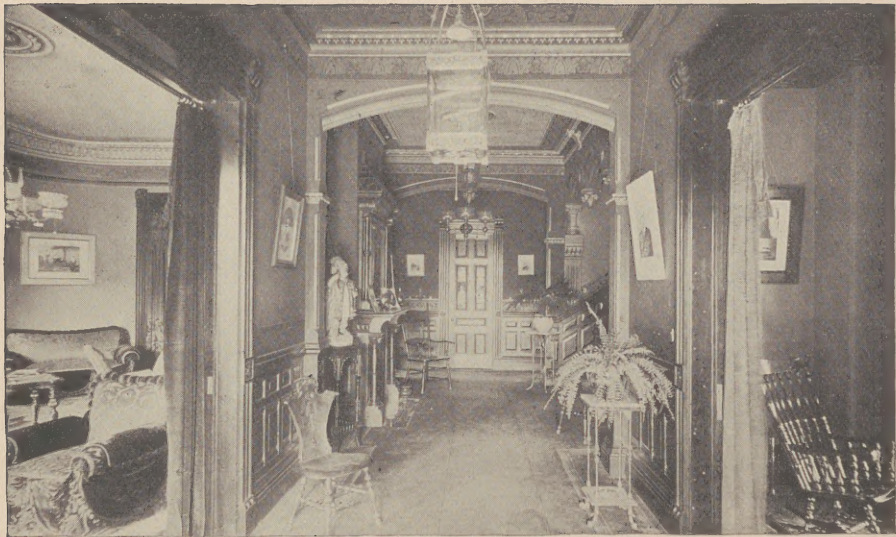
and devices for physical culture and amusement, such as Indian clubs, punching bag, card tables, piano, etc.

The billiard and pool room is on the third floor of the main building. It is finished in ash and occupies a space of over three hundred and fifty square feet. Adjoining this is the smoking and reading room.

“The Best is none too good for the sick,” is our motto, and we have spared neither money nor effort to make the Walter Baker Sanitarium an ideal institution of its kind. We are prepared to give electricity, and medicated baths when such treatment is necessary. Our medical treatment is carefully adjusted to the needs of each case. It is our aim to employ every means for the restoration of our patients' health that is known to modern medical science.

The surroundings of our new Sanitarium are all that can be desired, the well-kept lawns being abundantly supplied with flowers and shrubs and many varieties of shade trees. Here croquet, quoits and other out-door games may be played. A hedge surrounds the entire property. Franklin Park, one of the most beautiful parks in the world, is within a few minutes' walk of the Sanitarium. All Warren Street cars pass our door, and go to the business centre of Boston in less than half an hour.

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THE HALLWAY.

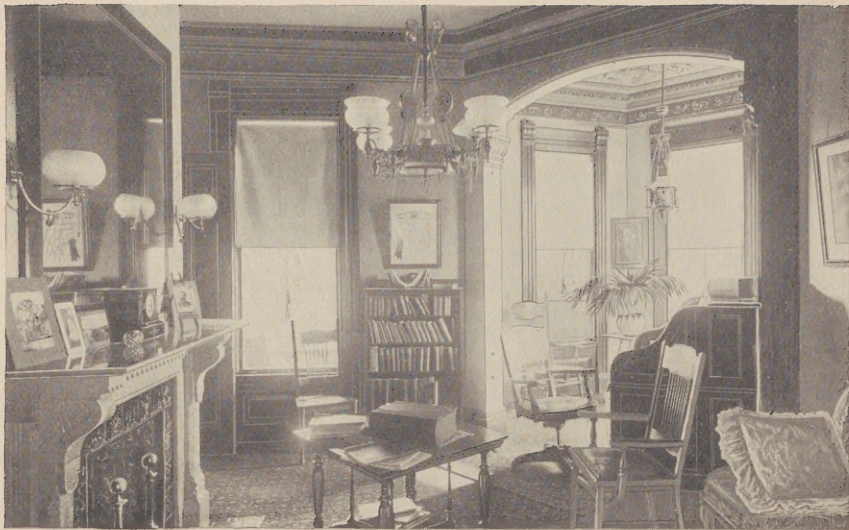
Any medical case not insane nor contagious will be received at this Sanitarium. Invalids, whether confined to their beds or not will here find all the comforts of an elegant home, with medical attendants always in the house.

Nervous diseases are frequently of such a character that they can be more successfully treated in a Sanitarium than elsewhere. These nervous invalids are often sent to us by their family physicians, with results that are most gratifying. The nervous tension and excitability that characterizes all the activities of modern life have made these diseases alarmingly prevalent. The man of business, or the professional man, the society woman, or the woman on whom business or family cares rest heavily, are all subject to diseases of the nervous system.

Kindly sympathy, accompanied by judicious discipline, is often of the greatest importance in the restoration to health of nervous invalids. Here every patient is looked upon as a member of the family, and each case is studied and treated with sympathetic interest.

It is a mistake, often, to send nervous patients into the country, or into a secluded neighborhood where they are far removed from the ordinary business activities and human interests of the world. Under such circumstances their thoughts are centered upon themselves for want of other objects, and in consequence they become morbid, and all their nervous symptoms are aggravated. And yet they should be removed from home surroundings, whether their lives have been spent in the city or country.

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THE OFFICE.

But the Walter Baker Sanitarium is situated in one of the finest residential districts of Boston, and from every window can be seen the activities of a busy city's life. Here everything conspires to draw the patients' attention from themselves and greatly hastens their recovery.

Alcoholism. We have made a specialty since 1892 of the treatment of Alcoholism, or the "drink habit," as it is sometimes called. This is now universally recognized by the best medical authorities as a disease, and a *curable* one. Our purpose is not merely to "sober up" a patient, but to cure him permanently, so that not a vestige remains of abnormal craving for alcoholic drinks. Our success has steadily increased as the years have gone by. Never were the results of our treatment so satisfactory and permanent as they are at present.

We do not treat alcoholism as a moral, but rather as a physical malady. While it frequently produces serious moral results, yet the cause of all the trouble is a disease of the nervous system. This disease we cure by medical means.

It does not follow that a man is either morally or intellectually inferior because he is suffering from this ailment. Some of the brightest and best men and women are thus afflicted. The more intelligent such people are the more quickly they appreciate the fact that they are suffering from a *disease*, and the more anxious they become to take proper medical treatment, such as we give.

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DRAWING ROOM, WITH A GLIMPSE OF THE LIBRARY.

The Alcohol Poison. There are some men whose nervous systems are so constituted that alcohol is less poisonous to them than to others. Such men may be able to drink moderately all their lives without becoming intoxicated or showing the effects of liquor. On the other hand there are many highly organized and intelligent people to whom alcohol is a peculiar poison, and who will surely become drunkards sooner or later if they use alcoholic liquors in any form. Some of the ablest and most talented men are thus constituted. When a man finds that he has reached a point where he drinks in spite of his wish and determination not to do so, then he may be sure that he belongs to this latter class, and that the disease of alcoholism has become well seated in his case. And this is true regardless of the quantity or frequency of his drinking. Having thus found that he is suffering from a disease, the rational and sensible course for such a man to pursue is to take medical treatment for his ailment.

Objections. Some drinking men have a feeling that it is a disgrace to take treatment for alcoholism; but it seems clear that if drunkenness is not commendable, then to get cured of it is most praiseworthy. Others object to treatment because they think they can continue drinking without its being generally known, while if they take treatment for it the fact will be widely published; but the exact reverse is true. If a man gets drunk but once, all his acquaintances are sure to know it in a few days, because a man under the influence of liquor always advertises his condition in the most effective manner, although he seldom realizes this himself; while on the other

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A CORNER OF THE BILLIARD ROOM, LOOKING INTO THE SMOKING ROOM.

hand he can take treatment at the Walter Baker Sanitarium in perfect retirement, and if he chooses, without the knowledge of any of his acquaintances. Many men hug the delusion that they can stop drinking by force of will alone. This delusion seems to be symptomatic of the disease. Of course no self-respecting man would continue to drink to excess if he could prevent it. The fact that he has not stopped is proof that he cannot without medical aid.

The Results. We have been treating alcoholism and other drug addictions continuously since 1892, and hundreds have been completely cured. The treatment does not, of course, destroy the patient's free moral agency. A cured man is free to act as he pleases; but if one should return to the use of stimulants it would not be because of the old craving for them. We also aim to build up the general health of our patients, so that their physical condition on leaving us will be as vigorous in every respect as medicine can make it.

We furnish liquor to patients as long as they crave it. We do not ask them to "swear off," as most drinking men have tried that method many times without benefit. The craving for liquor usually lasts but a few days.

Our business manager took our treatment several years ago, and consequently can heartily sympathize with patients and be helpful to them as only those can who have had similar experiences.

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A SLEEPING ROOM.

Morphinism. This disease (sometimes called the morphine or opium "habit") is a modern disease while alcoholism has cursed the world since the dawn of history. About 1859 the hypodermic syringe first came into use, and since then the habitual users of morphine have yearly increased in numbers, until now morphine has become a widespread curse, with results that are appalling. It is more prevalent among the intelligent classes, both men and women of the highest culture being among its victims. Morphinism is a disease that is characterized by the most intense suffering. Probably there are few conditions of misery more poignant. If the use of the drug continues long enough in sufficient quantities, the patient will eventually become a mental and physical wreck.

Remedy. Fortunately, however, morphinism can be thoroughly and permanently cured. The methods used at The Walter Baker Sanitarium are such that the patient is gradually weaned from the drug in such an easy way that he does not know when he gets the last dose. As our treatment restores the system to a normal and healthful condition, all demand for morphine or other drugs gradually disappears, and before the patients realize it they find themselves entirely free from the craving.

Morphine patients need not fear that they will be suddenly deprived of the drug, for we distinctly repudiate such a barbarous and unscientific method as unworthy of modern medicine.

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WALTER BAKER SANITARIUM.

BAKER HALL.

The utmost privacy may be maintained by patients who want to be secluded. On the other hand, those who wish to have their friends call on them may do so at any time.

The table is abundantly supplied with wholesome food in ample variety. To keep patients well nourished is, in our opinion, of great importance.

A homelike atmosphere is cultivated and the hospital idea is kept in the background. Patients live in the Walter Baker Sanitarium much as they would in a first-class family hotel, except that here there are more of the elements of a refined home.

Women Patients. Special provision has been made for the treatment of women in the most exclusive and agreeable manner. Women patients have their medicine and treatment administered to them in their own rooms, so that they may remain as independent of others as they please. They also have free use of the parlor and library, with access to books, piano, etc. Here they may receive their friends and find such recreation as their tastes dictate.

To the Medical Profession. Our methods are strictly ethical, no secret nostrums or patent medicines being tolerated. Physicians who send us patients may call at any time as consultants and get a report of the patient's condition and a statement of the remedies employed. A standing invitation is extended to all physicians to call at our Sanitarium and look through our new buildings.

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TERMS.

The price of our treatment, including remedies and physician's attendance, is \$25 a week, and in alcoholism and morphinism we require payment for four weeks' treatment (\$100) in advance. No case of alcoholism or morphinism is taken for less than \$100. The price of board and room is \$7.50 a week and upward, according to location and character of room. No charge is made for examination or consultation.

Many of our alcoholic patients stay with us but four weeks, although most of them would be greatly benefited by additional treatment. It is evident that one month is a short time in which to thoroughly cure a chronic disease that has been undermining the constitution for many years. Hence physicians generally advise their patients to take a longer course of treatment if possible. We make a discount in the price of treatment after the fourth week. Morphinism must be treated for a somewhat longer period than alcoholism, the time varying according to the severity of each case.

Patients may enter and commence treatment any day, without giving us previous notice, and their friends may call on them at any time.

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